



September 2014



## THE PUMPKIN SEASON IS HERE! 7 REASONS TO EAT MORE PUMPKIN:

1. Pumpkins are rich in Vitamin A.
2. Pumpkins are higher in fiber.
3. Pumpkins are low in calories- and unfortunately we are not talking about Pumpkin Spice Lattes, although delicious!
4. Pumpkin seeds and Pumpkin Oil help your heart- It may reduce bad cholesterol.
5. Pumpkin is a good source of the B-complex group of Vitamins.
6. Pumpkins are a rich source of minerals: copper, calcium, potassium and phosphorus.

*Want a recipe for pumpkin? Go to: <http://allrecipes.com/howto/pumpkin-recipes/> and you might find a delicious fall way to be nutritious!*



## OCTOBER IS BREAST CANCER AWARENESS MONTH:

**THE WELLNESS COMMITTEE INVITES YOU TO WEAR PINK TO WORK DAY ON OCTOBER 15<sup>TH</sup>, 2014**

The importance of breast cancer awareness month is to educate people on the importance of early detection, raise funds for research into the cause, prevention, diagnosis, treatment, or cure as well as support those who are currently battling with breast cancer.

A common misconception is breast cancer only affects women, but in fact men can get breast cancer too. The Wellness Committee asks everyone to take a day to learn from our flyers in the kitchen, or even donate online. Remember, breast cancer touches us all!

*If you would like to donate to Breast Cancer Research, please visit the Susan G. Komen website: <http://ww5.komen.org/>*



## UPCOMING WELLNESS HIGHLIGHTS:

**PREMIER'S FLU SHOT CLINIC IS THURSDAY OCTOBER 2<sup>ND</sup>, 2014**

### Why Immunize?

- The flu virus, otherwise known as Influenza, can lead to hospitalization and in some cases death. Every season the flu is different and can affect people differently.
- Even very healthy people can get sick from the flu.
- From 1976 to 2007, a study shows that from 3,000 to 49,000 people would get the flu each year. Flu levels are even higher now in 2014.
- Getting the vaccine prevents you from getting sick and those around you from getting sick. Often the people with the highest susceptibility to complications with the flu is your family: small children and adults 65 and older. Don't bring the flu home!

### ABOUT PREMIER EYE CARE

Introducing Premier Eye Care's Health and Wellness newsletter! Each month we will post one of these on our boards, to let you know about upcoming events in the area and our company concerning Health and Wellness.

Why is Health and Wellness so important to us? Wellness is more than just physical fitness and can affect multiple parts of your life: lower levels of stress, increased self-image, reduced healthcare costs, reduced absenteeism, increased morale and productivity, as well as improved physical fitness.



PREMIER EXPERTISE. PREMIER SERVICE.